



Weekly Health Tip:

Reduce Your Risk of Flu

There are ways to reduce your risk of the flu, and maybe even prevent it. Getting an annual flu vaccination is the best way to protect you and your family from the illness.

Vaccination is recommended for people 6 months of age or older. Children, pregnant women, seniors and people with medical conditions like asthma and diabetes are all at high risk for being diagnosed with the flu. Other ways to reduce the risk are through hand washing, covering your mouth when coughing and sneezing, being physically active, and getting enough sleep.

Dr. Howard Koh, assistant secretary for health, states:

“Everyone is at risk for getting the flu. It’s highly contagious and spreads from person to person, often after a cough or a sneeze. The virus can also live on doorknobs and other surfaces, so it can be spread even without close contact.”

Learn more at flu.gov.

Source: HHS HealthBeat, a production of the U.S. Department of Health and Human Services. Last revised: December 13, 2013